

Home Grown: Farm to School Recipes



CENTER *for* INTEGRATED
AGRICULTURAL SYSTEMS



Wisconsin Department of Public Instruction
Tony Evers, State Superintendent

Madison, Wisconsin

Wisconsin Team Nutrition (WI TN), in partnership with the University of Wisconsin-Madison Center for Integrated Agricultural Systems (UW-CIAS), is pleased to present *Home Grown: Farm to School Recipes* to assist schools in implementing or expanding a farm to school program. In Wisconsin, farm to school programs combine local or regional procurement efforts, nutrition and agricultural education, and student engagement activities such as school gardening in order to provide students with the broadest benefits. For more information about the benefits of farm to school, please visit <http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf>. Interested in getting started with farm to school? UW-CIAS has developed the Wisconsin Farm to School: Toolkit for School Nutrition Programs to assist you in getting started (<http://www.cias.wisc.edu/toolkits/>).

The *Home Grown: Farm to School Recipes* feature products grown and produced in Wisconsin, but also include products available through the USDA Foods program. The majority of recipes in this collection are included in the *Home Grown: Menus of Wisconsin* three-week cycle menu. The cycle menu was designed for use in the winter months and feature recipes that include Wisconsin products like apples, cranberries, winter squash, potatoes, and dairy. The *Home Grown: Farm to School Recipes* resource also contains recipes featuring crops available in Wisconsin throughout different times of the school year. These recipes feature crops such as summer squash, salad greens, and tomatoes. The majority of these recipes were not included in the cycle menus due to the availability of these products and the cost associated with purchasing products out of season. Food service personnel are encouraged to consider incorporating these recipes into menus on a seasonal basis.

The *Home Grown: Farm to School Recipes* resource was compiled from a variety of sources. The majority of recipes in this resource were submitted by Wisconsin schools. Other recipes were developed by state agencies and modified for use in *Home Grown: Farm to School Recipes*. All recipes submitted by Wisconsin schools were standardized by University of Wisconsin – Madison dietetics student Katie Delaney, under the supervision of University of Wisconsin – Madison Lecturer, Monica Theis, and UW-CIAS staff members. Recipes should be tested for yield and standardized to suit your nutrition service operation. Recipe standardization is important as it allows for consistent quality and nutrient content, helps control costs, and eases kitchen workflow. Visit http://fns.dpi.wi.gov/fns_menupln#rr for information on recipe standardization.

It is recommended that you conduct taste tests of new menu items to test acceptability prior to menuing the items and make alterations to the recipes as needed. Taste testing locally grown and produced foods is an exciting way to engage students. If students learn about the food and smell, see, and taste a small portion of food, they are more likely to accept it when offered as part of a reimbursable meal in the future. Information on conducting taste tests is available at http://ne.dpi.wi.gov/ne_homegrown. **Please note, any modifications to a standardized recipe will alter its nutrient content and may impact its crediting.**

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RECIPE NAME: Apple Cranberry Coleslaw					File No: WITN-28 Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>		
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: ½ cup (#8 scoop)							
Serving Utensil: #8 scoop							
Servings Per Pan: 50							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Cabbage Red Delicious Apples Dried Cranberries Honey Apple Cider Vinegar Olive Oil Lemon Juice		5 lbs 8 oz 3 lbs 8 oz 8 oz 8 oz 16 oz 4 oz	14 cups shredded 10 cups chopped 2 cups 1 cup 1 cup 1 cup ½ cup	<ol style="list-style-type: none"> 1. Shred the cabbage. 2. Chop the apples (skin on) into thin strips. 3. In a large bowl, combine cabbage, apples, and cranberries. 4. In a medium bowl, whisk together honey, vinegar, olive oil, and lemon juice until emulsified into a dressing. 5. Add dressing to the cabbage mixture and stir to evenly coat with dressing. 6. Pour into a 20"x12"x6" pan to serve. <p style="text-align: center;">CCP: Hold at 41° F degrees until service.</p> <p>Notes: This coleslaw is best served the same day it is prepared after a short period of covered refrigeration.</p>			
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above):			
Weight: 7 lbs	Measure (volume): 25 cups	Pan Size: 20"x12"x6"					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories: 102	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.61g
						¼ c	Sodium: 10mg
Fruits		¼ c					
Grains							

RECIPE NAME: Apple Crisp					File No: WITN-37 Source: <i>Carla Marr, Gibraltar School District</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 2/3 cup							
Serving Utensil: #6 scoop							
Servings Per Pan: 50							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Granny Smith Apples		4 ¼ lbs	8 cups	<ol style="list-style-type: none"> 1. Chop apples into chunks about 1" thick and toss with lemon juice in a large bowl. 2. Add the sugar and cinnamon to the apples and toss to coat evenly. 3. Add the applesauce and stir to combine. 4. Completely melt butter in microwave-safe bowl, microwaving for about 2 minutes. 5. In a separate bowl combine oatmeal, brown sugar, flour and melted butter until cookie-dough-like consistency is reached. 6. Grease a 20"x12"x4" pan and pour apple/applesauce mixture into pan. Spread so mixture is evenly distributed in pan. 7. Pour oatmeal mixture on top and spread so it evenly covers the entire surface. 8. Bake in a convection oven at 350° F for 40 minutes. Crisp top should be golden brown. 9. Serve warm. 			
Apple Sauce		48 oz	6 cups				
Lemon juice		5 1/3 oz	1/3 cup				
White Sugar		½ lb	1 cup				
Cinnamon		2 oz	¼ cup				
Oatmeal		¾ lb	3 ½ cups				
Brown Sugar		0.8 lb	2 cups				
Flour		0.7 lb	2 cups				
Butter		¾ lb	1 ½ cups				
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above): spoons or gloved hands to mix, spatula			
Weight: 9 lbs	Measure (volume): 270 oz	Pan Size: 20"x12"x4"					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories: 142	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 3.6g
							Sodium: 3mg
Fruits		¼ c					
Grains		0.5 oz eq.					

RECIPE NAME: Broccoli Soup					File No: WITN-41 Source: <i>Emily Lund, Deerfield Community School District</i>	
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 64						
Portion Size: 1 cup						
Serving Utensil: 8 oz ladle						
Servings Per Pan: 64						
Ingredients		Weight (AP)	Measure (EP)		Procedure	
Unsalted Butter Chopped Onion Diced Potato, peeled Broccoli, florets, fresh or frozen Heavy Cream Black Pepper Salt White Pepper Granulated Garlic 2% Milk Hot Sauce White Wine Vinegar Shredded Cheddar Cheese		8 oz	2 cups 10 cups 24 cups 4 cups 2 Tbsp 2 Tbsp 1 tsp 2 Tbsp 24 cups 1 tsp 2 Tbsp 2 cups		1. Sauté butter, onion and potatoes until slightly softened. 2. Add the rest of ingredients and simmer for 1 hour. 3. Thicken with cornstarch and water if needed. CCP: Hold at 140° F or higher for hot service	
Total Yield		Number of Pans:		Equipment (if not specified in procedures above):		
Weight:	Measure (volume): 64 cups	Pan Size:				
Meal Component Contribution Based on Portion Size						
Meat/Meat Alternate						Nutrient Analysis Based on Portion Size
Vegetable Subgroups		D/G	B/P	R/O	S	O
		3/8 c			1/8 c	
Fruits						
Grains						

RECIPE NAME: Butternutty Mac and Cheese						File No: WITN-19 Source: <i>Chef Monique Hooker</i>	
Grade Group: K-12						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 48							
Portion Size: 3"x3" cut (cut pan 6x4) or #8 scoop							
Serving Utensil: spatula or #8 scoop							
Servings Per Pan: 24							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Butternut Squash, raw, whole* Elbow Macaroni Sharp Cheddar cheese, grated American cheese, grated Butter All-Purpose Flour Skim Milk Salt Black Pepper, ground		9 lbs 3 lbs dry 1 lb 1 lb 48 oz	 4 cups 4 cups 1/2 cup 2/3 cup 6 cups 2 Tbsp 3 Tbsp	<ol style="list-style-type: none"> Preheat convection oven to 325° F. Melt butter in 4 quart pot. Stir in flour and cook for 1 minute, stirring occasionally. Take pot off of heat and stir in milk. Place pot back on heat, allowing milk to warm. Stir occasionally. Add grated cheese and mix until melted. Stir in salt and pepper. Stir in squash puree, adding 2 cups at a time. Allow sauce to thicken on low heat while pasta is prepared. Bring 3 quarts of water salted with ½ cup salt to a boil. Add the macaroni and cook for 8 minutes. There should still be a bit of chew to the pasta. In the largest pot or a very large bowl, combine the pasta and the sauce. Divide mixture evenly and pour into two 20x12x4 pans. Cover the pans with foil and bake for 25 minutes. Remove the foil and cook for about 10 minutes until top is golden brown. <p style="text-align: center;">CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</p> <p>To make butternut squash puree:</p> <ol style="list-style-type: none"> Cut all squash in half lengthwise and lightly oil. Do not remove seeds, they are more easily removed after roasting. Bake on sheets in convection at 375° F for 35 minutes. Let cool for minutes until cool enough to handle. Scoop out seeds and discard. Scoop squash meat out of skin. Place two halves of squash meat into food processor. Puree for about 15 seconds for a smooth puree. Remove puree before placing next two halves in processor. <p>Note: Puree may be used immediately or frozen for later use.</p>			
Total Yield			Number of Pans: 2		Equipment (if not specified in procedures above):		
Weight: 10 lbs	Measure (volume): 192 oz		Pan Size: 20"x12"x4"				
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		0.5 oz eq.				Calories: 192	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 3.26g
				1/8 cup			Sodium: 522mg
Fruits							
Grains		1 oz eq.					

RECIPE NAME: Cherr-ific Salad					File No: WITN-30 Source <i>Healthier Kansas Recipe #74</i> (modified)																																										
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step																																										
Number of Portions: 50 each																																															
Portion Size: 1 cup																																															
Serving Utensil:																																															
Servings Per Pan:																																															
Ingredients		Weight (AP)	Measure (EP)	Procedure																																											
Spinach, partly trimmed fresh		3 lbs 12 oz	25 cups	1. Chop lettuce and spinach. 2. Toss lettuce, spinach, and dried cherries together. CCP: Hold for cold service at 41°F or lower.																																											
Romaine Lettuce, untrimmed		5 lbs	25 cups																																												
Cherries, dried		1 lb 1 oz	3 1/8 cups																																												
Total Yield Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):																																											
Weight:	Measure (volume):	Pan Size:																																													
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="6">Meal Component Contribution Based on Portion Size</th> <th>Nutrient Analysis Based on Portion Size</th> </tr> </thead> <tbody> <tr> <td colspan="2">Meat/Meat Alternate</td> <td colspan="4"></td> <td>Calories: 41</td> </tr> <tr> <td rowspan="2">Vegetable Subgroups</td> <td>D/G</td> <td>B/P</td> <td>R/O</td> <td>S</td> <td>O</td> <td>Saturated Fat: 0.03g</td> </tr> <tr> <td>1/2 cup</td> <td></td> <td></td> <td></td> <td></td> <td>Sodium: 28.8 mg</td> </tr> <tr> <td>Fruits</td> <td colspan="5">1/8 cup</td> <td></td> </tr> <tr> <td>Grains</td> <td colspan="5"></td> <td></td> </tr> </tbody> </table>							Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	Meat/Meat Alternate						Calories: 41	Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 0.03g	1/2 cup					Sodium: 28.8 mg	Fruits	1/8 cup						Grains						
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Fruits	1/8 cup																																														
Grains																																															

RECIPE NAME: Chicken Pot Pie			File No: WITN-05 Source: Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (<i>modified</i>)
Grade Group: K-12			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50			
Portion Size: 4"x2.5" cut			
Serving Utensil: solid spoon			
Servings Per Pan: 25			
Ingredients	Weight (AP)	Measure (EP)	Procedure
<u>Stew Ingredients</u>			
Frozen, precooked chicken breast slices (thawed)	6 lbs 4 oz		To make stew: 1. Preheat a convection oven to 325°F. 2. Peel and de-seed the squash and cut into 1-inch cubes*. 3. Peel onions and carrots. Dice onions, carrots, tomatoes, and celery. Chop green beans into 1" pieces. 4. Roast all vegetables on a greased baking sheet for 25 minutes. 5. Divide vegetable mixture evenly between two 20x12x4 pans. Add evenly divided chicken to pans. 6. Melt butter in a large pot and stir in flour. 7. Microwave 4 cups of the milk for 2 minutes and add the warm milk to pot and stir well. Add the remaining milk, stirring constantly. 8. Stir in the chicken broth, lemon juice, paprika, salt, pepper, and parsley. Let the sauce simmer for 45 minutes, stirring frequently. Remove from heat. 9. Pour 8.5 cups of sauce into each pan. To make biscuit topping: 10. Mix flours, sugar, baking powder, and salt together. 11. Add butter and cut in until the size of small peas. 12. Add eggs and buttermilk and blend until incorporated. Do not over mix. 13. Pour half the batter over each pan and spread over top. Place pans in the 325° convection oven for 60-75 minutes. CCP: Heat to internal temp of 165° F. Biscuits should golden brown and the sauce should be bubbling. 14. Let cool slightly and cut each pan into 5 horizontal sections and 5 vertical sections (25 cuts per pan). CCP: Hold for hot service at 135° F or higher.
Butternut squash, raw, whole*	4 lbs	7.5 cups, cubed	
Onion	2 lbs	3 cups, diced	
Carrot	3 lbs	6 cups, diced	
Tomato	3 lbs	6 cups, diced	
Celery	5 lbs	6 cups, diced	
Green beans	3 lbs	5 cups, chopped	
Milk, 1%	64 oz	8 cups	
Chicken Broth	64 oz	8 cups	
Flour	13.2 oz	3 cups	
Butter	1 lbs	2 cups	
Dried parsley		2 Tbsp	
Lemon juice	2 oz	¼ cup	
Paprika		1 Tbsp	
Salt		1 Tbsp	
Ground black pepper		1 Tbsp	
<u>Biscuit Ingredients</u>			
Whole-wheat flour	1 lb 12 oz	1 quart 2 cups	
All-purpose flour, enriched	1 lb 4 oz	1 quart ½ cup	
Granulated sugar		6 Tbsp	
Baking powder		¼ cup	
Salt		2 Tbsp	
Butter, unsalted, cold, cubed	1 lb	2 cups	
Eggs		4 large	
Buttermilk		3 quarts	
* May use pre-cubed, frozen butternut squash.			

Total Yield		Number of Pans: 2			Equipment (if not specified in procedures above):		
Weight: 35 lbs	Measure (volume): 640 oz	Pan Size: 20"x12"x4"					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate		2 oz eq				Calories: 438	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 10.78g
				¼ c		¼ c	Sodium: 651.37 mg
Fruits							
Grains		1.5 oz					

RECIPE NAME: Comfort Vegetable Soup						File No: WITN-42	
						Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>	
Grade Group: K-12						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50							
Portion Size: 8 oz							
Serving Utensil: 8 oz ladle							
Servings Per Pan: 50							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Butternut Squash		8 lbs 8 oz	12 cups, cubed	1. Peel, deseed, and cube butternut squash with a chef's knife.			
Carrots		2 lbs	6 cups, coins	2. Peel carrots and slice into ¼ inch coins.			
Leeks		2 lbs 8 oz	4 cups, chopped	3. Peel and dice apples and onions.			
Onions		1 lbs 8 oz	4 cups, chopped	4. Cut the bottom inch and top portion of the leeks off and discard. Cut remaining cylinder in half, lengthwise and cut into ½ inch slices. Rinse leek slices under running water to remove dirt.			
Lentils		4 lbs	9 cups dry	5. Combine all produce in a large bowl with the olive oil.			
Apples		3 lbs 4 oz	7 cups	6. Add all to a preheated Tilted Braising Pan appliance.			
Chicken Stock		48 oz	6 cups	7. Sauté for 10 minutes, stirring frequently to prevent burning.			
Water		32 oz	4 cups	8. Add the chicken stock, water, juice, vinegar, spices and lentils to the pan.			
Apple Juice		32 oz	4 cups	9. Let the mixture simmer, covered for about 45 minutes.			
Apple Cider Vinegar		2 oz	¼ cup	CCP: Heat to internal temp of 165° F.			
Salt			3 Tbsp	10. Pour the entire mixture into a large pot.			
Nutmeg			1 Tbsp	11. Puree the mixture with a hand blender or in small batches in a food processor. Soup should be a smooth, orange liquid. CCP: Hold for hot service at 135° F or higher.			
Ground Black Pepper			4 tsp				
Ground Ginger			2 tsp				
Olive Oil		8 oz	1 cup				
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above):			
Weight:	Measure (volume): 400 oz	Pan Size: 4 gallon soup pot					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		2 oz eq.				Calories	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat (g)
				¼ cup		1/8	Sodium (g)
Fruits		1/8 cup					
Grains							

File No: WITN-43 Source: <i>American Kitchen, Craig High School, Janesville School District</i> (2014 WI Whipping Up Wellness Student Chef Competition Participant)								
RECIPE NAME: Covered with Cheese								
Grade Group:			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step					
Number of Portions: 50								
Portion Size: 1 cup								
Serving Utensil:								
Servings Per Pan: 50								
Ingredients	Weight (AP)	Measure (EP)	Procedure					
Broccoli, fresh, trimmed	4 lbs	3 Tbsp 4 ½ tsp	<ol style="list-style-type: none"> 1. Turn broiler on high heat. 2. Wash vegetables and cut into bite sized pieces. 3. In a large pot, heat 15c water. 4. Add the potatoes, salt, and pepper to the water just before it boils. 5. Cover pot but allow steam to vent and cook for 5 minutes while stirring occasionally. 6. Add broccoli and cauliflower to potatoes and cook about until tender. 7. Spray the sides and bottom of a full sheet pan and add vegetables. 8. Broil vegetables until slightly browned. 9. Top with cheese and broil until cheese is melted and starting to brown. 10. Let stand on top of stove for five minutes before serving. <p style="text-align: center; margin-top: 20px;">CCP: Heat to internal temp of 135° F. Hold for hot service at 135° F or higher.</p>					
Cauliflower, fresh, whole, trimmed	4 lbs							
Russet Potatoes, fresh	12 lbs							
Swiss Cheese, low-fat	1 lb 2 oz							
Black Ground Pepper								
Salt								
Total Yield		Number of Pans:						
Weight:	Measure (volume):	Weight:						
Meal Component Contribution Based on Portion Size								
Meat/Meat Alternate	0.25oz							
Vegetable Subgroups	D/G	B/P	R/O	S	O			
	¼ cup			½ cup	¼ cup			
Fruits								
Grains								
Nutrient Analysis Based on Portion Size								
Calories: 129	Saturated Fat: 1.04g		Sodium: 342mg					

RECIPE NAME: Cranberry-Apple Cornbread Muffins						File No: WITN-44 Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>																																																	
Grade Group:						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step																																																	
Number of Portions: 50																																																							
Portion Size: 1 muffin																																																							
Serving Utensil: tongs																																																							
Servings Per Pan: 50																																																							
Ingredients			Weight (AP)		Measure (EP)		Procedure																																																
Cornmeal			2 lbs		6 cups		<ol style="list-style-type: none"> 1. Preheat convection oven to 375°F. 2. Chop apples into a small, ½ inch cubes. 3. Lightly grease muffin pans with vegetable cooking spray or line with muffin liners. 4. In a large bowl, combine cornmeal, salt, baking soda, and baking powder. 5. In a mixer at low speed, mix together eggs, oil, yogurt, and honey. 6. Add the cheese, cranberries, brown sugar, and apples to the mixer and mix at a low speed. 7. While the mixer is running at a low speed, add the dry ingredients to the mixer in 1/3 increments. 8. With a #16 scoop or a ¼ cup measuring cup, scoop the batter into the muffin pan. One scoop batter per muffin. 9. Bake muffins in the 375° convection oven for 30 minutes, until top is golden and a toothpick comes out clean. 10. Shortly rest the muffins, serve warm in a 20x12x4 pan. 																																																
Salt			0.5 oz		3 tsp																																																		
Baking Soda			0.5 oz		3 tsp																																																		
Baking Powder			0.85 oz		5 tsp																																																		
Eggs			3 eggs		½ cup																																																		
Canola Oil			8 oz		1 cup																																																		
Yogurt			32 oz		4 cups																																																		
Honey			8 oz		1 cup																																																		
Cheddar Cheese, grated			1 lbs		4 cups																																																		
Dried Cranberries			1 lbs		4 cups																																																		
Granny Smith Apples			2 lbs		4 cups chopped																																																		
Brown Sugar			0.25 lbs		½ cup																																																		
Total Yield			Number of Pans: 1			Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons																																																	
Weight: 5 lbs		Measure (volume): 100 oz		Pan Size: 20"x12"x4"																																																			
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="6" style="text-align: left;">Meal Component Contribution Based on Portion Size</th> <th colspan="2" style="text-align: left;">Nutrient Analysis Based on Portion Size</th> </tr> <tr> <td colspan="2">Meat/Meat Alternate</td> <td colspan="4"></td> <td colspan="2">Calories: 195</td> </tr> <tr> <td colspan="2" rowspan="2">Vegetable Subgroups</td> <td>D/G</td> <td>B/P</td> <td>R/O</td> <td>S</td> <td>O</td> <td>Saturated Fat: 2.26g</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Sodium: 350mg</td> </tr> <tr> <td colspan="2">Fruits</td> <td colspan="4">¼ c</td> <td></td> </tr> <tr> <td colspan="2">Grains</td> <td colspan="4">1 oz</td> <td></td> </tr> </table>												Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size		Meat/Meat Alternate						Calories: 195		Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 2.26g						Sodium: 350mg	Fruits		¼ c					Grains		1 oz				
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size																																																	
Meat/Meat Alternate						Calories: 195																																																	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 2.26g																																																
							Sodium: 350mg																																																
Fruits		¼ c																																																					
Grains		1 oz																																																					

RECIPE NAME: Cranzy Chicken Tacos						File No: WITN-06 Source: <i>US Cranberries School Foodservice Toolkit</i>	
Grade Group: K-12						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 48 each							
Portion Size: 1 each							
Serving Utensil: Gloved hand, #8 scoop							
Servings Per Pan: 1							
Ingredients		Weight (AP)	Measure (EP)		Procedure		
Cranberry Sauce, whole berry Honey Chicken, cooked, diced, thawed Cheese, parmesan, grated <i>Bean Salad</i> Beans, Northern, canned, drained, rinsed Cranberries, dried, sweetened Apple Juice, 100% juice Scallions, chopped Garlic, fresh, minced Ground Black Pepper <i>Cranberry Mayo</i> Mayonnaise, reduced fat Cranberry Sauce, whole-berry Scallions, minced Ground Black Pepper Spinach, fresh, chopped Tortilla, whole-grain (1.75 oz eq.)		4 ½ lbs	1 ½ quart 1/3 cup ¾ cup 3 quarts 3 quarts 1 ½ cups 1 cup 1 Tbsp 1 tsp 1 ½ cups 1 ½ cups ¼ cup 1 tsp 6 quarts 48 each		1. In a large sauce pan, melt cranberry sauce with honey, about two minutes. 2. Add chicken and cheese to cranberry-honey mixture and toss to coat well. 3. Lay chicken pieces on parchment-covered sheetpans in a single layer and bake in 350 ° F convection oven for 6 to 8 minutes. CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher. 4. In a bowl, toss together all bean salad ingredients, mix well, cover and refrigerate at least 2 hours before serving. 5. In a separate bowl, whisk together mayonnaise, cranberry sauce, scallions, and pepper until combined and place in a wide mouth squeeze bottle. CCP: Hold for cold service at 41° F or lower. 6. Serve by portioning ¼ c chicken, ½ c bean salad, and ½ c spinach onto tortilla then drizzle with 1 Tbsp mayo.		
Total Yield Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):	Pan Size:					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate	1.5 oz eq.					Calories: 471	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 1.69g	
	¼ c	¼ c				Sodium: 527mg	
Fruits	½ c						
Grains	1.75 oz eq.						

RECIPE NAME: Curried Rice						File No: WITN-21 Source: <i>Emily Lund, Deerfield School District</i>						
Grade Group: K-8			Grade Group: 9-12			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 160			Number of Portions: 80									
Portion Size: ½ cup			Portion Size: 1 cup									
Serving Utensil: ½ cup scoop			Serving Utensil: 1 cup scoop									
Ingredients			Weight (AP)		Measure (EP)		Procedure					
Water Brown Rice Oil Chicken Broth Carrots, shredded Celery, diced Onions, chopped Curry powder Garlic powder Black pepper Salt Plain Yogurt					42 cups 9 lbs 1 ½ cups 6 cups 30 cups 13 ½ cups 15 cups ¾ cup 6 Tbsp 3Tbsp 3 Tbsp 12 cups		1. Boil water. 2. Place rice in 6 inch pan. Pour boiling water over rice and cover pans tightly. Bake in oven 325°F for 40 minutes. 3. While rice is cooking simmer oil, broth, carrots, celery, and onions until very tender. About 20 minutes. (Broth is 6 cups water and 2 Tbsp chicken base). 4. Mix the rest of the ingredients. 5. When rice mixture done, stir vegetable and yogurt mixture into rice and put in 6 inch pan. CCP: Hold at 140° F or higher for hot service.					
Total Yield			Number of Pans:			Equipment (if not specified in procedures above):						
Weight:		Measure: 80 cups		Pan Size:								
Meal Component Contribution/Nutrition Analysis Based on Portion Size												
Specify the grade group in the columns:			Grade Group: K-8					Grade Group: 9-12				
Meat/Meat Alternate												
Vegetable Subgroups			D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
					1/8 c		1/8 c			¼ c		¼ c
Fruits												
Grains			0.75 oz eq.					1.5 oz eq.				
Calories			143					286				
Saturated Fat (g)			0.7					1.5				
Sodium (mg)			168					336				

RECIPE NAME: Fall Harvest Salad with Vinaigrette					File No: WITN-45	
					Source: Sue Brunner, East Troy School District	
Grade Group:					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step Prep Time: 20 minutes Cook Time: 30 minutes Total Time: 50 minutes	
Number of Portions: 50						
Portion Size: 1 cup						
Serving Utensil:						
Servings Per Pan: 50						
Ingredients:		Weight (AP)	Measure (EP)	Procedure:		
<i>Apple Cider Vinaigrette</i> Cider Vinegar Apples, honeycrisp Honey Vegetable Oil Salt Ground Black Pepper <i>Salad</i> Lettuce, red leaf, raw, shredded Lettuce, green leaf, raw, shredded Lettuce, iceberg, raw, shredded Apples, honeycrisp Cranberries, whole, sliced dried (USDA Foods) Cheese, cheddar, shredded		5 oz 4 oz 8 oz 8 oz	5 whole ¼ tsp ¼ tsp 14 c 13 c 13 c 8 whole 2 c 2 c	<i>Apple Cider Vinaigrette</i> <ol style="list-style-type: none"> 1. Peel and cube apples. 2. Place vinegar, apples, and honey in blender and mix. 3. Slowly add oil while blending. 4. Add salt and pepper as needed. 5. Refrigerate until ready to use. <i>Salad</i> <ol style="list-style-type: none"> 6. Wash lettuce and drain, spin, and place in tub in refrigerator to crisp. 7. Wash apples, quarter, core, and slice thin. Place in lemon water so as not to brown. 8. Place greens in salad bowl, toss with apple cider vinaigrette until well coated. 9. Add apples, cranberries, and cheese and toss. CCP: Hold for cold service at 41° F or lower.		
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons		
Weight: 5 lbs	Measure (volume): 100 oz	Pan Size: 20"x12"x4"				
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 114
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 1.58g
					¾ c	Sodium: 46 mg
Fruits	¼ c					
Grains						

RECIPE NAME: Harvest Apple Muffin				File No: WITN-23 Source: <i>Chef Monique Hooker</i>			
Grade Group:K-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 24							
Portion Size: 1 muffin							
Serving Utensil: gloved hand							
Servings Per Pan: 24							
Ingredients	Weight (AP)	Measure (EP)	Procedure				
Zucchini, grated	¾ lb		Apple Bottom 1. Peel, core, and slice apples. 2. Mix sugar, lemon juice, flour, and cinnamon in bowl. 3. Add apples, mix well, and set aside. Muffin 4. Preheat oven to 350° F. 5. Drain the grated zucchini and mix with the grated carrots. 6. In large bowl, combine all dry ingredients. 7. In a separate bowl, combine all wet ingredients. 8. Gradually fold the wet ingredients and vegetables into the dry ingredients by alternating the ingredients being added. Batter will appear lumpy. 9. Line muffin pan with paper cups. 10. Using a #8 scoop, place apple mixture at bottom of muffin liner. 11. Top apples with muffin mix to fill muffins 2/3 full. 12. Bake in oven until done, approximately 35 minutes. 13. Remove from oven pan and allow to cool. Muffins can be served warm or at room temperature. Note: Recipe can be done using sheet pans and cut into squares. Muffins also freeze well and can be removed from the freezer the day before service.				
Carrots, grated	½ lb						
<u>Dry ingredients</u>							
Sugar	½ lb						
Unbleached All Purpose Flour	¼ lb						
Whole Wheat Flour	½ lb						
Baking Powder		1 ½ Tbsp					
Baking Soda		1Tbsp					
Nutmeg (or Cinnamon)		¼ tsp					
Salt		¼ tsp					
<u>Wet Ingredients</u>							
Whole Large Eggs	¼ lb						
Canola Oil		¼ cup					
Apple Sauce		½ cup					
<u>Apple Bottom</u>							
Apple	5 lbs	½ cup					
Sugar		2 Tbsp					
Lemon Juice		½ cup					
Whole Wheat Flour		1 tsp					
Cinnamon							
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate						Calories: 192	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.59 g
						1/8 c	Sodium: 289mg
Fruits		3/8 cup					
Grains		1 oz eq.					

File No: WITN-46 Source: Team Wellness, James Madison Middle School, Appleton Area School District (2014 WI Whipping Up Wellness Student Chef Competition Participant)					
RECIPE NAME: Mediterranean Breakfast Quinoa					
Grade Group:			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50					
Portion Size: 1 cup					
Serving Utensil:					
Servings Per Pan: 50					
Ingredients	Weight (AP)	Measure (EP)	Procedure		
Quinoa Chicken Broth, low sodium Garlic, minced Onions, green, chopped Ground Black Pepper Bell Peppers, sliced Onion, red, sliced Zucchini, sliced Oil, olive Tomatoes, diced Basil, fresh, chopped Spinach, fresh Eggs, whole Lemon Juice Feta Cheese, crumbled	 4.5 oz 5 oz 2 lbs 6 oz 2 lbs 3 oz 2lbs 8 oz 4 lbs 12 oz 13 oz	9 cups 18 cups 1 cup 2 Tbsp 5 ¾ cup 5 cups 8 cups ¼ cup 9 cups 1 ½ cups 9 cups 27 each 1 ½ cups 3 ¼ cups	1. Rinse quinoa under running water thoroughly. 2. In a pot, pour quinoa, chicken broth, minced garlic, chopped green onions, and black pepper over high heat and bring to a rolling boil. 3. Turn heat down to the lowest setting. Cover and cook for 15 minutes. Remove from the heat and let stand for 5 more minutes, covered. 4. In a saucepan, heat olive oil over medium-high heat and sauté bell pepper and onion, until softened. Add zucchini, cook until tender, and set aside. 5. Scramble 27 eggs in a separate pan, breaking into small crumbles. 6. Mix all ingredients quinoa, eggs, vegetables, and basil and place in sheet pan. Sprinkle lemon juice and feta cheese on top and serve hot. CCP: Hold at 140° F or higher for hot service.		
Total Yield		Number of Pans:			
Weight:	Measure (volume):	Weight:			
Meal Component Contribution Based on Portion Size					
Meat/Meat Alternate	1.25 oz				
Vegetable Subgroups	D/G	B/P	R/O	S	O
	1/8 cup		1/8 cup		¼ cup
Fruits					
Grains	0.5 oz				
Nutrient Analysis Based on Portion Size					
Calories: 191	Saturated Fat: 2.53g		Sodium: 170		

File No: WITN-47 Source: Team HAMS, Kromrey Middle School, Middleton-Cross Plains School District (2014 WI Whipping Up Wellness Student Chef Competition Participant)							
RECIPE NAME: Quinoa and Vegetable “Stuffed” Peppers							
Grade Group:			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step				
Number of Portions: 50							
Portion Size: ½ c roasted peppers and ¾ c quinoa filling							
Serving Utensil:							
Servings Per Pan: 50							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Bell Peppers, green Quinoa Vegetable Stock Water Zucchini, diced Onion, diced Chili Powder Cumin Garlic Powder Black Beans, canned Olive Oil Salt Pepper		10 lbs 4 oz 4 lbs 12 oz 1 lb 8 oz 70 oz	8 ½ cups 9 cups 9 cups 15 cups 3 cups 3 Tbsp 3 Tbsp 2 tsp 4 ½ - #300 cans ¾ cup olive oil 2 tsp 2 tsp	<ol style="list-style-type: none"> 1. Preheat oven to 450° F. 2. Rinse quinoa under running water thoroughly. 3. In a pot, bring the vegetable stock, water and quinoa to a boil. Then cover and simmer while stirring occasionally until all of the liquid is absorbed (about 12 - 15 minutes). 4. Cut the tops off of the bell peppers and cut into strips, drizzle with ½ c olive oil, and season with salt and pepper.* 5. Roast the peppers cut-side down for about 20 minutes until the skin starts to char. 6. While the peppers are roasting, heat about ¼ c of olive oil in a skillet over medium- high heat. Add the spices, zucchini, and onion and sauté. 7. Add the black beans to the vegetable mixture and then combine with the quinoa. 8. Serve ½ c roasted peppers and top with ¾ c of quinoa mixture. <p style="text-align: center; margin-top: 20px;">CCP: Hold at 140° F or higher for hot service.</p> <p style="margin-top: 20px;">* Recipe alternative: Purchase 50 whole green peppers, cut of tops of peppers, and roast. Roasted peppers may then be stuffed with quinoa filling and served.</p> <p style="margin-top: 20px;">Optional: May sprinkle 4 cups (1 lb) of shredded cheddar cheese on top of quinoa mixture. This would provide 0.25 oz M/MA per serving.</p>			
Total Yield		Number of Pans:					
Weight:	Measure (volume):	Weight:					
Meal Component Contribution Based on Portion Size							
Meat/Meat Alternate							
Vegetable Subgroups	D/G	B/P	R/O			S	O
		1/8 cup					5/8 cup
Fruits							
Grains	0.5 oz						
Nutrient Analysis Based on Portion Size							
Calories: 227	Saturated Fat: 0.57g		Sodium: 300 mg				

RECIPE NAME: Ranch Pasta Salad					File No: WITN-48 Source: Carla Marr, Gibraltar School District	
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50						
Portion Size: 2/3 cup						
Serving Utensil: #6 scoop						
Servings Per Pan: 50						
Ingredients		Weight (AP)	Measure (EP)		Procedure:	
Whole Grain Rotini		2 lb 4 oz, dry	12 cups cooked		<ol style="list-style-type: none"> 1. Cook pasta as directed on package until al dente. 2. Drain the pasta. Run cold water over the pasta for about 5 minutes while stirring so all of it cools and toss with oil. 3. Place the frozen corn and peas in a quart of warm water for 10 minutes until thawed. 4. Clean and chop broccoli, celery, carrots, and bell pepper into small bite-size pieces. 5. Cube the cheese into bite-size pieces. 6. Drain olives. 7. Combine pasta, vegetables, and cheese in a large bowl. Spread garlic powder, onion powder, and dried parsley over the mixture. Add ranch dressing and mix well so that all pasta is evenly coated. 8. Pour pasta into a full size pan. 9. Refrigerate to serve that day or the next. <p>CCP: Cool to 70° F within two hours and from 70° F to 40° F within four more hours. Hold for cold service at 41° F or lower.</p>	
Oil, olive			½ cup			
Celery, raw		12 oz	2 cups chopped			
Broccoli, raw		1 lb 5 oz	3 cups chopped			
Peas, frozen, unprepared		10 oz	2 cups			
Carrots, raw		14 oz	3 cups chopped			
Red Bell Peppers, raw		1 lb 8 oz	2.5 cups chopped			
Corn, frozen kernels		8 oz	1 cup			
Black Olives, sliced		8 oz	1 cup			
Cheddar Cheese, cubed		1 lb	2 cups			
Onion Powder			2 Tbsp			
Garlic Powder			2 Tbsp			
Dried Parsley			2 Tbsp			
Reduced Fat Ranch Dressing		48 oz	6 cups			
Total Yield			Number of Pans: 1		Equipment (if not specified in procedures above): Colander, large spoon, full size pan	
Weight: 10 lbs	Measure (volume): 32 cups		Pan Size: 20"x12"x4" (full size) pan			
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		0.25 oz eq.			Calories: 160	
Vegetable Subgroups		D/G	B/P	R/O	S	Saturated Fat: 1.98g
						¼ c
Fruits						
Grains		0.5 oz eq.				

RECIPE NAME: Southwest Stuffed Peppers						File No: WITN-49 Source: <i>Healthy Plymouth Planters, Plymouth High School (2014 WI Whipping Up Wellness Student Chef Competition Participant)</i>						
Grade Group:						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 50												
Portion Size: ½ stuffed pepper												
Serving Utensil:												
Servings Per Pan: 50												
Ingredients			Weight (AP)		Measure (EP)		Procedure <ol style="list-style-type: none"> 1. Wash and cut green peppers in half length wise. Clean out core. 2. Place on baking sheet and bake for 15 minutes or just until soft. 3. Rinse pinto beans and place in a food processor with fire roasted tomatoes. Pulse until blended and creamy. 4. Wash and peel potato. Dice potato into small pieces 5. Mince garlic. 6. Heat oil in a steam jacket kettle or tilt skillet over medium-high heat and cook potatoes and garlic in oil until the potatoes are tender. 7. Add pinto bean and tomato mixture to potatoes and heat until reaches minimum of 145°F. 8. Reduce oven temperature to 350°F. 9. Prepare rice according to the direction on the package. 10. Add Mozzarella cheese, chili powder and rice to the hot vegetable mixture. Fold gently until cheese melts. 11. Evenly portion the hot mixture into the peppers and top with shredded Pepper Jack cheese. 12. Put stuffed Peppers into oven for an additional 5 to 10 minutes to melt the cheese. <p style="text-align: center; margin-top: 20px;">CCP: Hold stuffed peppers at 140°F or higher for service</p>					
Bell Pepper, green			108 oz		25 medium							
Beans, pinto, low sodium			87 oz		1 - #10 can							
Tomatoes, canned, diced, fire roasted			2 lb 6 oz		6 – 14.5 oz cans							
Potato, whole					5 medium							
Garlic, raw					18 cloves							
Oil, vegetable					6 Tbsp							
Brown Rice, instant, dry			1 lb 6 oz									
Chili Powder					2 tsp							
Cheese, mozzarella, part skim			13 oz									
Cheese, pepper jack, reduced fat			12 oz									
Total Yield				Number of Pans:								
Weight:		Measure (volume):		Weight:								
Meal Component Contribution Based on Portion Size												
Meat/Meat Alternate		0.5 oz										
Vegetable Subgroups		D/G	B/P	R/O	S							O
			1/8 c	1/8 c								1/8 c
Fruits												
Grains		0.25 oz										
Nutrient Analysis Based on Portion Size												
Calories: 193		Saturated Fat: 2.04 g		Sodium: 304 mg								

RECIPE NAME: Sweet Cinnamon Squash					File No: WITN-35 Source: <i>New School Cuisine – Fresh from Vermont (modified)</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions:50							
Portion Size:1/2 cup							
Serving Utensil: #8 scoop							
Servings Per Pan: 25							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Butternut Squash Oil, vegetable Brown Sugar, packed Cinnamon		16 lbs	25 cups 1 cup 2 ¼ cup 2 Tbsp	<ol style="list-style-type: none"> 1. Peel butternut squash and cut into 2-inch cubes. Alternatively, schools may use 25 cups (approximately 13 ½ lbs) of frozen, cubed butternut squash. 2. Place squash in two roasting pans sprayed with non-stick spray. 3. Mix oil, brown sugar, and cinnamon until combined thoroughly. 4. Divide mixture evenly among pans and pour over squash. 5. Stir until squash is well coated. 6. Roast, uncovered until cooked through and lightly browned. <p style="text-align: center;"> Convection oven: 350° F about 20-30 minutes Conventional oven: 375° F about 30-35 minutes CCP: Hold for hot service at 140° F or higher. </p>			
Total Yield Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):	Pan Size:					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories : 118	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.7g
				½ c			Sodium:249mg
Fruits							
Grains							

RECIPE NAME: Sweet Potato Muffins					File No: WITN-24 Source: <i>Katie Delaney, University of WI - Madison (modified from recipe submitted by Kerry Johnson, Onalaska)</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step		
Number of Portions: 50							
Portion Size: 1 muffin							
Serving Utensil: tongs							
Servings Per Pan: 50							
Ingredients	Weight (AP)	Measure (EP)	Procedure				
All-Purpose Flour Whole Wheat Flour Baking Powder Salt Nutmeg Cinnamon Brown Sugar Milk, skim Eggs Canola Oil Vanilla Extract Sweet Potatoes* *Canned sweet potatoes may be used in place of raw if desired.	8 eggs 6 lbs	3 cups 5 cups ¼ cup 2 tsp 2 tsp 1 Tbsp 3 cups 4 cups 2 cups 1 cup 4 tsp 6 ½ cups, mashed	Sweet Potatoes: 1. Scrub sweet potatoes to remove dirt and cut into quarters. 2. Roast on a baking sheet in a convection oven at 400° F for 35 minutes. 3. Freeze full sheet for 15 minutes and then remove from the freezer. 4. Peel and discard the skin and place the potatoes in a large bowl and mash with a potato masher until a smooth but slightly chunky. Muffins: 1. Preheat a convection oven to 375° F. Grease muffin pans or line with muffin liners. 2. In a medium bowl, combine flour, baking powder, salt, nutmeg, and cinnamon. 3. In mixing bowl, combine milk, eggs, oil, vanilla extract and brown sugar. Mix at a low speed until all combined. 4. Add mashed sweet potatoes to the wet ingredients and mix at a low speed. 5. Gradually add the dry ingredients to the mixing bowl. 6. Mix at a low speed until batter is all combined. 7. Scoop batter into muffin pan with a #16 scoop or ¼ cup measuring cup. 8. Bake for 30 minutes. 9. Let cool and serve in a 20x12x4 pan.				
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above): cake tester			
Weight: 7.5 lbs	Measure (volume): 100 oz	Pan Size: 20"x12"x4"					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 1.04g
						1/8 c	Sodium: 132 mg
Fruits							
Grains		1.5 oz eq.					

RECIPE NAME: Tomato and Corn Salad					File No: WITN-36 Source: <i>Fresh from Vermont: New School Cuisine</i>		
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step		
Number of Portions: 32							
Portion Size: ¾ cup							
Serving Utensil: ¾ cup spoodle							
Servings Per Pan:							
Ingredients		Weight	Measure	Procedure			
Corn, frozen, thawed Basil, fresh Cherry or Grape Tomatoes Mozzarella Cheese, part-skim, shredded Olive Oil Lemon Juice Salt		8 oz	10 cups 6 pints 3 cups ¼ cup Juice of 1 lemon 1 tsp	1. Thaw frozen corn. 2. Finely chop basil leaves. 3. Mix frozen corn, basil, tomatoes, cheese, oil, lemon juice, and salt in a large bowl. Toss to combine. CCP: Hold for cold service at 41° F or lower.			
Total Yield		Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):	Pan Size:					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories: 101	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 1.4g
				3/8 c	¼ c		Sodium: 131mg
Fruits							
Grains							

RECIPE NAME: Two Zucchini Linguine with Chicken					File No: WITN-16 Source: <i>Cindy Kacmarcik, Greendale School District</i>		
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 8 oz (by weight)							
Serving Utensil:							
Servings Per Pan: 50							
Ingredients		Weight (AP)	Measure (EP)	Procedure			
Linguine Pasta		6 lbs	48 cups cooked	<ol style="list-style-type: none"> 1. Bring 10 quarts of water to a boil in a large pot with ½ cup of salt. 2. Add pasta to boiling water and cook for 12 minutes until al dente. 3. Heat chicken in a 400°F convection oven on baking sheets for 10 minutes. 4. Finely chop the parsley and garlic 5. Cut the green and yellow zucchini into matchsticks. 6. In a large pot, heat olive oil and add the minced garlic. Sautee for about one minute. 7. Add the zucchini to the pot and stir. 8. Add salt, pepper, lemon rind and lemon juice and stir. 9. Pour all of the diced tomatoes into the pot and stir. Simmer for 30 minutes. 10. Stir the parsley into the pot and simmer for 5 more minutes. 11. Pour the pasta, chicken, and sauce into a 20x12x6 pan and stir to completely combine. <p style="text-align: center;">CCP: Hold for hot service at 140° F or higher.</p>			
Parsley, chopped		5 oz	3 cups				
Garlic, minced		5 oz	¾ cup				
Canned Diced Tomatoes		101.5 oz	12.75 cups				
Green Zucchini		2 lbs 8 oz	7 cups, chopped				
Yellow Zucchini Squash		2 lbs 8 oz	7 cups, chopped				
Olive Oil		4 oz	½ cup				
Ground Black Pepper		0.5 oz	3 tsp				
Salt		0.25 oz	1.5 tsp				
Lemon Rind, grated		3 lemons	½ cup				
Lemon Juice		6 oz	¾ cup				
Chicken, frozen pre-cooked chunks/strips		4 lbs	8 cups				
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above):			
Weight: 23 lbs	Measure (volume): 400 oz	Pan Size: 20"x12"x6"					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		1.25 oz				Calories: 295	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.7g
				¼ c		¼ c	Sodium: 222mg
Fruits							
Grains		1.75 oz					

RECIPE NAME: Vegetable Penne with Pesto					File No: WITN-50 Source: <i>Monique Hooker</i>	
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50						
Portion Size: 2/3 cup						
Serving Utensil: #6 scoop						
Servings Per Pan: 50						
Ingredients		Weight (AP)	Measure (EP)		Procedure	
Whole Grain Penne pasta		2 lbs	19 cups		Pesto: 1. Make sure that basil and parsley have been rinsed and patted dry. 2. Place garlic into a large food processor and pulse to mince. 3. Add basil, parsley, almonds, parmesan, lemon juice, and olive oil to the food processor. 4. Blend until thick, green paste is formed. Pasta Dish: 5. Cook pasta for 10 minutes until al dente. 6. Chop the green and yellow zucchini into half-moon slices by slicing the zucchini in half length-wise, then slicing into ¼ inch slices. 7. Slice the turnip (white portion) into matchsticks and chop the greens into large. 1 inch slices. 8. In a large skillet, heat the olive oil and sauté the zucchini and white turnip for 8 minutes. 9. Add the turnip greens to the skillet, stir and cover. Let the greens wilt for 4 minutes. 10. Add the vegetable broth to the skillet and stir in salt and pepper. 11. Let the vegetables simmer for 10 minutes. 12. Add the pasta to the vegetables and toss with pesto into. Make sure all pasta and vegetables are evenly coated with the pesto. CCP: Hold for hot service at 135° F or higher.	
Green Zucchini		1 lb 8 oz	5 cups, half moon slices			
Yellow Zucchini Squash		1 lb 3 oz	4 cups, half moon slices			
Baby Turnips with Greens		2 lbs	4 cups turnip, 6 cups greens			
Olive Oil		8 oz	1 cup			
Vegetable Broth		28 oz	3 ½ cups			
Salt			2 tsp			
Ground Black Pepper			2 tsp			
Pesto:						
Basil Leaves		3 oz	4 cups			
Italian Parsley		2 oz	1 ½ cups			
Slivered Almonds		16 oz	2 cups			
Garlic Cloves		3 oz lb	12 cloves			
Parmesan Cheese, grated		8 oz	2 cups			
Lemon Juice		4 oz	½ cup			
Olive Oil		8 oz	1 cup			
Total Yield			Number of Pans: 1			
Weight: 9.5 lbs		Measure (volume): 256 oz		Pan Size:		
Meal Component Contribution Based on Portion Size						
Meat/Meat Alternate		0.25 oz				
Vegetable Subgroups		D/G	B/P	R/O	S	O
						3/8 c
Fruits						
Grains		0.75 oz				
Nutrient Analysis Based on Portion Size						
Calories: 192		Saturated Fat: 2.05 g		Sodium: 173 mg		

File No: WITN-51 Source: <i>The Purple Pirates, Grantsburg School District</i> (2014 WI Whipping Up Wellness Student Chef Competition Winner)					
RECIPE NAME: Savory Wild Rice Quiche					
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50					
Portion Size: 2' x 3½" squares					
Serving Utensil: Spatula					
Servings Per Pan: 25					
Ingredients		Weight (AP)	Measure (EP)		Procedure
Wild Rice		1 lb			<ol style="list-style-type: none"> Preheat oven to 400° F. In large stock pot, bring 12 cups water to a rapid boil. Add wild rice and cook about 40 minutes or until rice is tender. Drain. In a large bowl combine half the flour and margarine using a pastry blender until crumbly. Add half the cold water, a little at a time, until the mixture forms a dough. Repeat the process making a second batch of dough. Press one patch of the crust mixture into pan. Repeat process with second batch of dough. Bake crust 5-8 minutes, remove from oven, and set aside. In a large fry pan sauté the pepper and onion in a small amount of water until onion is slightly caramelized. Add to cooked wild rice. In a bowl, whisk eggs, egg whites, and milk. Sprinkle 1 c of the cheddar cheese into each crust. Top each half with wild rice and vegetable mixture (divide evenly). Sprinkle tomatoes on top. Divide egg mixture evenly and pour on top of tomatoes. Top evenly with remaining cheese and back for 45-50 minutes or until a knife inserted in center comes out clean. CCP: Heat to internal temp of 155° F. Let sit about 10 minutes before servings before cutting each pan into 25 servings. CCP: Hold for hot service at 135° F or higher. Serve with shredded asparagus.
Whole Wheat Flour			8 1/3 cups		
Light Margarine			2 ¾ cups		
Ice Water			2 1/8 cups		
Red Bell Pepper, finely chopped			2 1/8 cups		
Yellow Onion, finely chopped			2 1/8 cups		
Eggs, whole			17 each		
Egg Whites			17 each		
Milk, low-fat (1%)			2 1/8 cups		
Cheese, medium cheddar, shredded			4 ¼ cups		
Tomato, red, finely chopped			2 1/8 cups		
Asparagus, shredded (optional)			2 1/8 cups		
Total Yield		Number of Pans: 2			
Weight:	Measure (volume):	Pan Size: 18.5"x10.5"x2"			
Meal Component Contribution Based on Portion Size					
Meat/Meat Alternate	1 oz				
Vegetable Subgroups	D/G	B/P	R/O	S	O
					1/8 c
Fruits					
Grains	1.5 oz				
Nutrient Analysis Based on Portion Size					
Calories: 268	Saturated Fat: 4.6g		Sodium: 110mg		

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